

Choosing the course that best suits your needs

	Certification	Essentials
Increase mental health awareness	X	X
Define mental health and recognize indicators of mental health across the continuum	X	X
Distinguish between mental health, illness, health conditions	x	
Understand factors influencing mental health and mental health disorders in Canada	X	
Explain the two continua model of mental health	X	
Apply the ALGES framework in scenarios of declining mental health and crisis	X	X
Develop effective interaction skills, including effective listening, non-judgmental communication skills, and application of reassurance and sharing of information	X	X
Explain recovery-oriented approaches to providing support	X	X
Identify barriers to MHFA, and questions to initiate supportive conversations	X	
Develop a list of resources and supports	X	
Recognize stigmatizing language and practice respectful alternatives	X	X
Reflect on personal attitudes and biases that contribute to stigma	X	X
Understand risks and limitations associated with diagnostic labeling	X	X
Explain stigma, including self, public, and structural, and strategies to reduce	X	
Identify personal self-care strategies using the three pillars of self-care	X	X
Recognize when self-care is needed and how to integrate it into daily life, and commit to actions to maintain personal well-being	X	X

Participants who successfully complete either course will receive a certificate of completion.

Those who complete the certification course and pass the knowledge check quiz will receive certification valid for three years.

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